



FORT SASKATCHEWAN

• ELEMENTARY •

Dear FSE Families,

Report cards are now available through the PowerSchool Parent Portal!

Last week, our calming strategies included '7-11 Breathing' and 'Horse lips'. This week we are practicing 'Hot Chocolate Breath' and 'Affirmation Tapping'. 'Hot Chocolate Breath' is when you imagine holding a cup of hot chocolate; imagine feeling the warmth of the mug in your hands. Take a deep breath in, and then slowly blow out your exhale as if you are cooling down your hot chocolate. 'Affirmation Tapping' is when you choose an affirmation such as "I am calm" and you repeat this affirmation to yourself as you gently and rhythmically tap on acupoints with two fingers. You start at the top of your head, then move to your eyebrows, beside your eye, under your eye, under your nose, just above your chin, on your collarbone, and under your arm.

Have your say! EIPS' 2023 Annual Feedback Survey Opens March 1-23

Elk Island Public Schools (EIPS) wants to hear from you. Make sure to complete the 2023 EIPS Annual Feedback Survey: For parents and caregivers—open from March 1-23.

Every year, EIPS conducts the feedback survey to gauge its progress toward meeting the goals and priorities outlined in its [Four-Year Education Plan](#). Families are asked a series of questions about their experiences with EIPS and the school their child attends, the overall performance of the Division, the quality of education being provided to students and areas for improvement. The survey input helps the Division develop new strategies to better serve students and the wider community. [VISIT EIPS.CA TO TAKE THE SURVEY: March 1-23](#)

NOTE: The survey is anonymous and only takes a few minutes to complete. If you want to share the experience of more than one child attending an EIPS school, simply complete the survey again.

School Council & Parent Society

Thursday, April 13 at 5:30 p.m. is our next School Council and Parent Society meeting at our school! We will also be offering a virtual hybrid of this meeting for those who are unable to attend in person. All parents/guardians welcome!

VOLUNTEERS STILL NEEDED! Our Parent Society is holding a fundraiser at the Camrose Casino on April 23 & 24. Volunteer shifts are from 4 – 11 p.m. each night. **Hotels and meals are paid for by the Parent Society.** If you are interested in supporting a major fund raiser for our school, please reach out to our Parent Society via email at [**fseparentsociety@gmail.com**](mailto:fseparentsociety@gmail.com).

Hot Lunch!

The Winter/Spring 2023 Hot Lunch program is now open for the following dates:

- Friday Apr. 21 – Ken's Catering (cut off to order is Thursday Apr. 13)
- Friday May 26 – Prime Time Donair (cut off to order is Thursday May 18)
- Friday June 9 – Perry's 2 For 1 Pizza (cut off to order is Thursday June 1)

School Spirit Wear Is Now Available

Order your Fort Saskatchewan Elementary school spirit wear and 10% of your purchase will be donated to our Parent Society to support our school community!

Order here: <https://fse.entripyshops.com/>

Yearbook Pre-orders Ready!

We are happy to announce the FSE 2022/2023 Yearbook is currently under construction, and we are now able to accept pre-orders.

To pre-order your copy, please log into your Parent PowerSchool Portal and add the "Optional Yearbook Fee". The cost is \$20 and once payment is received, your student's copy will be reserved and sent home once they arrive on site (May 2023).

Caregiver Education Team Newsletter March 2023

Alberta Health Services offers free online programming for parents and caregivers of children and youth. These free sessions are using the Zoom platform. Upcoming sessions include - Test, Anxiety, Supporting Children & Youth with ADHD, and Understanding Anxiety.

For more information, visit cyfcaregivereducation.ca/home and click on the latest newsletter link at the bottom of the page.

You are invited to a Round Dance!

Fort Saskatchewan Community Round Dance

~ Sunday March 19, 11:00 - 3:00 PM ~ At the Normandy Room at The Legion ~

A pipe ceremony and a feast will be included.

Everyone is invited to attend.

PIPE CEREMONY 11:00AM

FEAST 12:00, ROUND DANCE TO FOLLOW

GIVEAWAY AT 3:00PM

Hosted by the Indigenous Society of Fort Saskatchewan, FCSS Fort Saskatchewan & The City of Fort Saskatchewan

Your Child's Mental Health

Encourage joyful movement. Physical activity provides a necessary outlet for kids, which is important for both physical and mental health. Helping children find a type of movement they enjoy, even from an early age, is a great way to ensure they remain engaged and interested. Participating in movement together with your child can also be a great way to get them involved.

Tips to Help Your Child Enjoy Reading

Read to your child. Even if they are older, they might really enjoy it. Or, take turns reading out loud with your child. Your presence might be all the motivation they need.

Looking at March...

March 17 ~ Check out your PowerSchool Parent Portal as Term 2 Report Card Published!

March 22 ~ Crazy Hair Day!

March 24 to April 2 ~ Spring Break! No school! Classes resume April 3.

Looking forward to April...

April 3 ~ Classes resume! Autism Awareness Day! Wear blue to spread kindness and raise awareness for those who are living with autism.

April 5 ~ Early dismissal ~ Green Day ~ Wear green to celebrate the element of Earth!

April 7 ~ Good Friday ~ No School

April 10 ~ Easter Monday ~ No School

April 13 ~ School Council/ Parent Society Meeting @ 5:30 p.m.; Cut off to order Hot Lunch on April 21

April 21 ~ Hot Lunch

April 23 & 24 ~ Parent Society Camrose Casino Fundraiser 4 – 11 p.m.

April 28 ~ Favorite Colour Day! Show your school spirit and wear your favorite colour!

As we move into the final week of school before Spring Break, I hope everyone finds time this weekend to enjoy the milder temperatures outside with loved ones.

Wishing everyone a wonderful weekend!

Kindly,

Shelby Labrecque, M. Ed.

Principal

Fort Saskatchewan Elementary School